

**What is claimed is:**

1. An optical workstation comprising an optical breadboard supported by a frame, the frame comprising a plurality of upstanding legs interconnected by laterally extending cross-beams, the cross-beams laterally enclosing a space into which the optical breadboard is received.  
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2. The optical workstation of Claim 1, wherein the frame is at least partially aluminum.  
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3. The optical workstation of Claim 2, wherein the legs are aluminum.  
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4. The optical workstation of Claim 2, wherein the cross-beams are aluminum.  
5. The optical workstation of Claim 1, wherein at least one of the cross-beams comprises a line or array of regularly spaced anchor points for mounting components.  
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6. The optical workstation of Claim 4, wherein the anchor points comprise spigot holes.  
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7. The optical workstation of Claim 4, wherein the anchor points comprise threaded holes.  
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8. The optical workstation of Claim 1, wherein the optical breadboard is mounted to the frame by damping units.  
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9. The optical workstation of Claim 1, wherein the frame comprises first and second end units, and laterally extending cross-beams interconnecting the first and second end units, the first and second end units each comprising two legs and laterally extending upper and lower cross-beams.  
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